

# COACH DEVELOPMENT DAY

Saturday 26<sup>th</sup> September 8.45am – 5pm

Basepoint Business Centre  
Isidore Road  
Bromsgrove Enterprise Park  
Bromsgrove  
B60 3ET

Aimed at Assistant Coach level or Head Coach of smaller club

Delivered by: Fred Furniss (England Programmes Officer)

Cost: £15 for the day including light lunch and refreshments

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## Workshops for the day

- Race modelling (stroke rate and stroke count)
  - Pre/post pool goal setting and feedback
  - Testing/monitoring in the club programme
  - 2 SportsCoach UK workshops
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To book a place on this workshop please complete the form below and return to the regional office along with your payment by 18<sup>th</sup> September 2015.

**Limited numbers – first come first served**

**ASA West Midland Region  
Coach Development Day  
Saturday 26<sup>th</sup> September 2015  
Booking form**

<b>Name</b>	
<b>Club</b>	
<b>Home address</b>	
<b>Tel no</b>	
<b>Email</b>	
<b>Dietary requirements for lunch</b>	

**Cost: £15 per coach cheque payable to 'ASA West Midland Region'**

**Please return cheque by 18<sup>th</sup> September 2015 to:**

**ASA West Midland Region  
Unit 7 Basepoint Business Centre  
Isidore Road  
Bromsgrove Enterprise Park  
Bromsgrove  
B60 3ET**